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| **Winter minestrone with kale**  Serves: 24 – 30 tastes  Source: The essential soup cookbook, Australian Women’s Weekly | |
| **Ingredients**  Vegetable stock  2 carrots, grated  1 medium onion, diced  2 celery sticks grated  10 peppercorns  2 Fresh bay leaves  2 sprigs parsley  7 cups of water  Soup  Strained vegetable stock  1 tablespoon olive oil  1 Medium brown onion, diced  2 cloves onion, minced  1 rasher of bacon, fat removed, sliced thinly  2 medium carrots, peeled and diced  6 jerusalem artichokes, scrubbed and diced  1 sprig fresh rosemary  200 grams risoni pasta  3 leaves of kale, stalks removed, leaves finely sliced  ¼ cup flat leaf parsley, chopped  Salt and pepper to taste | **Equipment**  Peelers  Chopping boards  Knives  Sieve  Measuring spoons and cups  Saucepan / pot  Bowls  Wooden spoon |
| * To make the stock, combine all prepared ingredients in a large pot. Bring to the boil and simmer for 1 hour. Drain stock and discard the vegetables * To make the soup: * Heat oil in a large pot, cook onion, garlic and bacon, stirring until onion is soft. * Add diced carrot, Jerusalem artichokes and rosemary, cook stirring for 5 minutes * Pour in strained stock, bring to the boil and simmer for 15 minutes or until the vegetables are soft * Stir in the risoni and kale, bring to a boil and simmer for 5 minutes – or until the risoni is just tender * Check seasoning, adding salt and pepper * Serve into individual bowls and garnish with chopped flat leaf parsley | |